













<b>J U L Y</b> <b>The</b> <b>Morgan Hill</b> <b>Senior Café'</b>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u> <b>Meatless Bocca</b> <b>Burgers</b> <b>Upon Request</b>	<u><b>Thursday</b></u> <b>Menus may change at</b> <b><u>any time.</u></b>	<u><b>Friday</b></u> <b>All Meals are</b> <b>served at 12:00</b> <b>pm</b>
Suggested Contribution rate per meal: \$2.50 (60/over) A meal ticket: \$50.00 Required Guest Fee: 5.00 (under 60)		<b>1</b> Breaded Fish Cook's Choice Soup Whole Grain Bread Baked Potato Roasted Carrots Fresh Fruit / Milk	<b>2</b> Baked Orange Chicken Seasoned Brown Rice Mixed Vegetables Fresh Broccoli Salad Fresh Cantaloupe Milk 	<b>3 CLOSED</b> <b>INDEPENDENCE</b> <b>DAY</b> 
<b>6</b> Chicken Quesadilla  w/ Shredded Lettuce, Diced Tomatoes, Sour Cream, Avocado, & Chips Refried beans Fresh fruit / Milk	<b>7</b> Spaghetti & Meat Sauce Garlic Bread Fresh Broccoli Tossed Salad Fresh Fruit / Milk	<b>8</b> Pork Roast & Gravy Mashed Potatoes Fresh Squash Whole Grain Bread Pineapple Juice Milk	<b>9</b> Stir-Fry Chicken and Vegetables Seasoned Brown Rice Green Beans, Carrots and Celery, Broccoli in Entrée Mandarin Oranges & Milk	<b>10</b> Beef Stew  Red Potatoes, Carrots, Peas & Onions Home-Style Biscuit Green Salad Tropical Fruit / Milk
<b>13</b> Baked Pork Chops Dinner Roll Sweet Potatoes Green Beans Fruit Cup w/ Strawberries Milk	<b>14</b> Baked Tilapia Filet Tartar Sauce on side Brown Rice Peas & Carrots Cook's Choice Soup Fresh Orange / Milk	<b>15</b> Roast Beef & Gravy Mashed Potatoes Whole Grain Bread Fresh Summer Vegetables Mixed Melon Cup Milk	<b>16</b> Chicken Caesar Pasta California Vegetable Blend Green Salad Fortified Pineapple Juice Milk 	<b>17</b> BBQ Ribs  Potato Salad Baked Pinto Beans Whole Grain Bread Watermelon Milk 
<b>20</b> Baked Chicken Seasoned Brown Rice Peas and Carrots Spinach Salad w/ Mandarin Oranges Cook's Choice Fruit/ Milk	<b>21</b> Salisbury Steak  w/ Grilled Onion's Baked Potatoes Seasoned Spinach Whole Wheat Bread Orange Juice / Milk	<b>22</b> Chicken Salad Plate French Fries Whole Grain Bread Lettuce w/ Assorted Vegetables on Salad Tomato Soup Gelatin w/ Fruit / Milk	<b>23</b> Lasagna w/ Meat Sauce Garlic Bread Cook's Choice Soup Capri Blend Vegetables Slices Peaches Milk 	<b>24</b> Glazed Ham w/ Pineapple Sauce Fresh Vegetable Whole Wheat Bread Baked Sweet Potato Fresh Fruit & Milk 
<b>27</b> Beef Stroganoff Egg Noodles California Vegetables Whole Grain Roll Green Salad Fresh Fruit / Milk	<b>28</b> Roast Turkey Mashed Potatoes & Gravy Cranberry Sauce Fresh Green Beans Dinner Roll Cantaloupe / Milk	<b>29</b> Old fashioned Meat Loaf w/ Gravy  Whole Grain Bread Baked Potato Fresh Summer Vegetables Peaches / Milk	<b>30</b> Roast Pork w/ Gravy Whole Grain Bread Mashed Potatoes Squash in Season Fresh Orange Milk	<b>31</b> Chicken Dumplings Whole Wheat Roll Mixed Vegetables w/ Carrots Green Salad Pineapple Juice/Milk